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Version anglaise du ##Guide de formation sur mesure en alphabétisation## (EDUQ: 9070331) avec un cahier no 3 portant spécifiquement sur l'enseignement de l'anglais: anglais de base, orientation fonctionnelle, orientation pré-secondaire. Le document d'accompagnement propose une banque de textes portant sur des thèmes présentés dans le cahier no 2 du guide. Ces textes se rapportent à des situations réelles de la vie des adultes comme les styles d'apprentissage, la croissance personnelle, la santé physique et mentale, l'environnement, etc.

**THEMATIC TEXTS
FOR A GUIDE
TO CUSTOMIZED
LITERACY TRAINING**

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THEMATIC TEXTS FOR A GUIDE TO CUSTOMIZED LITERACY TRAINING

DECEMBER 1993

Direction de la formation générale des adultes
A Guide to customized literacy training

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Nilambri Singh Sault St-Louis School Board

Clare Slonosky Protestant School Board of Greater Montreal

Project coordinator:

Patti L. Moore Eastern Quebec Regional School Board

Coordinator at the Direction de la formation générale des adultes:

Margot Désilets

Word processing:

Muriel M. Michaux Eastern Quebec Regional School Board

INTRODUCTION

The goal of this project was to supply adult literacy instructors and tutors with a bank of texts related to some of the various theme categories presented in Book 2 of the *Guide to Customized Literacy Training*. The texts are meant to be used as interesting reading materials to start a discussion or to embark on a specific theme pertinent to any given literacy group. The texts presented here are by no means exhaustive, but rather a starting point – it is hoped that this project will lead to others, both in the production of similar books through the Direction de la formation générale des adultes (DFGA) and on a local level within individual school boards.

Every effort has been made to keep these texts as meaningful as possible to the learners who will be reading them. Topics chosen reflect the real-life situations of the adult learners, as well as introducing them to new topics of possible interest. Bearing in mind the sometimes marked differences between the various learners who make up the anglophone population of our province, some texts may be more pertinent to one group than another, depending on their focus. What is important to note is that on an overall basis, when producing these texts, emphasis was laid on the understanding of cultural differences, minority rights, human rights and independent learning skills.

Word lists were not used to determine levels. Instead, a system based on stars (asterisks) was used to indicate the three levels of difficulty:

Level one:	*
Level two:	**
Level three:	***

The levels were determined according to the length of the texts, the sentence structure used within the texts and the learners' familiarity with the subject matter. Every attempt has been made to include as many basic level texts as possible, as instructors and tutors have often stated that they do not have enough material for that level.

All but one of the texts have been presented in two levels of difficulty. The first texts generally address beginning readers (levels 1 or 2), while the second text addresses more advanced readers (levels 2 or 3). The first version uses simple sentences which are laid out in an easy-to-read format, the sentences usually being separate from one another, (each new sentence starts out on a new line). The second version is usually presented in paragraph form, as this is the form of most reading materials.

The presentation of two versions of the same text permits the beginning reader to gradually come in contact with the form of written texts. The first goal is for the beginning reader to develop basic reading abilities, which can then be applied to texts presented in a more conventional format.

Lastly, the following includes a few pertinent notes to instructors and tutors using the thematic texts in their classroom:

- As these texts are intended as a starting point for further activities, students might be encouraged to participate in discussion, to do further research or to look up more information on topics which are of particular interest to them.
- Instructors may help the learners become aware of the various types and sources of information, should the learners wish to follow up on a particular topic.
- In addition to the books, magazines and newspapers (in schools, libraries and book stores) which learners may wish to refer to when doing their research, there are dozens of pamphlets distributed by government and private agencies which could also prove very useful in the literacy classroom.
- Television, radio, community organizations and clubs can also be a valuable source of information, particularly for those with reading difficulties.
- When working on the themes presented here, learners should be aware of the differences between fact and fiction, as well as fact and opinion.
- As these texts are intended for use in the classroom, permission has been granted to photocopy the material for student use.

We hope that the following texts will serve as a source of inspiration for the instructors, tutors and learners who will be using them. Whether these texts serve as a jumping off point for further activities, the culmination of a group project, or simply as a reading activity, it is hoped that we have answered a need in the adult literacy classroom. The texts are intended to respond to the life situations of our learners and to broaden their knowledge of the world around them, while addressing their levels of competency and helping them see the pleasure that reading can bring.

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BANK OF THEMATIC TEXTS

THEME CATEGORY:	Learning Styles
THEME:	How Do We Learn?
TITLE:	Reading
LEVEL:	*

Reading

Maria likes to read at night.

Jacob likes to read to himself.

Robert likes to read quietly.

Sophia likes to read to her children.

Andrea likes to read in bed.

Pierre likes to read on the bus.

Flora likes to read outside.

Sara likes to read at home.

Helen likes to read when she's sad.

Julia wants to read.

Sometimes she can.

Sometimes she cannot.

She likes to read in front of the TV.

THEME CATEGORY:	Learning Styles
THEME:	How Do We Learn?
TITLE:	Reading
LEVEL:	**

Reading

Dear Diary,

Six months ago, I wrote to tell you that I couldn't read. I tried very hard, but the words didn't make any sense. Everybody else seemed to find it easy enough, but I just couldn't get the meaning of the words.

I joined each letter and spelled the word out many times. I looked at the word until it began to swim around me. I stared at the page hoping that from its whiteness I would figure out what the black letters said. Many times, I felt like crying.

I was scared to open my book for I was sure I would forget what I had already learned. At times, I didn't even bother reading at all because I thought I'd never make it.

Then, one day, Julia told me to relax, and to forget the pressure I was putting on myself. She told me that words are like pictures, and some people can see the whole picture better than all the little parts that make up the picture. She told me not to be scared to try long words that seem difficult at first.

I tried and did as she said. I found that she was right. It was easier for me to read the longer words. I read one, and then another. They all made sense. I still had trouble with the shorter words, but Julia told me not to worry. She told me that I had my own style of reading and learning. We all have our own styles.

Love,

Maria

THEME CATEGORY:	Learning Styles
THEME:	Personal Learning Style
TITLE:	What is My Style?
LEVEL:	*

What is My Style?

Sonia wants to learn.

She wants to learn many things.

She wants to learn to write a letter.

She wants to read to her children.

But first she wants to find out how she learns best.

She wants to find her style.

She tries to find out what she likes to do.

Is she very neat?

Does she like small details?

Does she remember names of people?

Does she often forget them?

These questions are very important.

They will help Sonia find her style.

They will tell her how she can learn best.

THEME CATEGORY:	Learning Styles
THEME:	Personal Learning Style
TITLE:	What is My Style?
Level:	***

What is My Style?

Sonia wants to learn many things. She wants to be able to write a letter, to read to her children, and to read the notes she receives from her children's teachers. But first, it is important for her to find out how she learns best. She needs to find her style.

She asks herself what she likes to do. Is she very neat? Does she like small details? Does she remember names, dates and numbers, or does she often forget them? These questions are very important. They can help Sonia find her style. They can help her know how she can learn best.

Most of us are a combination of two kinds of people: the global and the analytical. Global minds look at things broadly. They look at the whole object, not the small parts that make up the whole.

Analytical minds are more interested in small details. They look at the parts that make up the whole object. Some of us can be more global than analytical, others can be more analytical. Most of us, however, are a combination of the two.

When Sonia finds her special style, it will help her learn better. She will know if she prefers to read in the morning or the evening. She will know what kind of books she should select for herself. She will decide how she learns best, and that should make a big difference in the way she learns.

Teachers' Notes: Learning Styles

1. Reading

Names are often hard to read. The names in this text may be substituted by more familiar ones for new readers.

- 2.** For detailed information on Learning Styles, please see: Marie Carbo, Rita Dunn and Kenneth Dunn, 1986, *Teaching Students to Read Through Their Individual Learning Styles*, New Jersey, Prentice Hall.

THEME CATEGORY:	Personal Growth
THEME:	Self-Esteem
TITLE:	It's O.K. to Love Ourselves
LEVEL:	*

It's O.K. to Love Ourselves

"I am somebody! I may be poor - but I am somebody! I may be in prison - but I am somebody! I may be uneducated - but I am somebody!" Rev. Jesse Jackson

Do you have somebody who looks out for you?

Someone who loves you very much?

Who is that person?

That person is YOU!

Each one of us is special.

That's why we take care of ourselves.

We are good to ourselves and treat ourselves with respect.

We're not perfect. We accept ourselves the way we are.

Short and simple: We love ourselves.

THEME CATEGORY:	Personal Growth
THEME:	Self-Esteem
TITLE:	It's O.K. to Love Ourselves
LEVEL:	**

It's O.K. to Love Ourselves

"I am somebody! I may be poor - but I am somebody! I may be in prison - but I am somebody! I may be uneducated - but I am somebody!" Rev. Jesse Jackson

Do you have somebody who looks out for you? Someone who loves you very much? Who is that person? That person is YOU! Each one of us is special. That's why we take care of ourselves. We can be good to ourselves and treat ourselves with respect. We're not perfect. We can accept ourselves the way we are.

We can take care of ourselves by eating well and exercising a few times a week. We don't have to abuse our bodies with drugs or alcohol. We try not to get too stressed. Instead we laugh and try to see the bright side of things as much as possible.

We believe in ourselves. Then we can try new experiences, meet new people, and learn new skills. We need to know it's O.K. to make a mistake. It doesn't even matter if we make many mistakes. Nobody is perfect.

We are that special person who will be there for us no matter what happens. We can look after ourselves and be good to ourselves. Short and simple: Let's not forget to love ourselves.

THEME CATEGORY: Personal Growth

THEME: Fear

TITLE: Facing our Fears

LEVEL: *

Facing our Fears

"There is nothing to fear but fear itself." Franklin Delano Roosevelt

There are many times in our lives when we become afraid.

This happens to everyone.

We might become so afraid that we want to hide.

But we don't have to hide from our fears.

We can face them.

We can ask ourselves: What am I afraid of?

Why am I afraid?

What can I do to be less afraid?

Sometimes when we face our fears, we become less afraid.

THEME CATEGORY	Personal Growth
THEME:	Fear
TITLE:	Facing our Fears
LEVEL:	**

Facing our Fears

"There is nothing to fear but fear itself." Franklin Delano Roosevelt

There are many times in our lives when we become afraid. This happens to everyone. We might become so afraid that we want to hide. But instead of hiding from our fears, we can face them. We can ask ourselves, "What am I afraid of? Why am I afraid? What can I do to be less afraid?" Sometimes when we face our fears, we become less afraid.

What kinds of things make you afraid? Sometimes we are afraid of meeting new people. We are not sure that they will like us. Going to new places and trying new things can also be frightening. We do not know what to expect in these new situations.

Bob has always been afraid of meeting new people. He doesn't have many friends and spends a lot of time alone. His best friend is moving to Toronto in a few months so Bob decides it's time to meet some new people. He will go to play bingo at his community centre twice a week.

Bob is still afraid, but he starts going to bingo twice a week. Some of the people sitting next to him start talking to him. They joke and laugh because they haven't won much money yet. They wonder if they will ever win the jackpot. Little by little, Bob loses some of his fear of meeting new people. A month later, one of the other bingo players asks Bob to go for coffee after bingo. Bob says yes. He is on his way to making a new friend.

THEME CATEGORY:	Physical and Mental Health
THEME:	Non-Traditional Medicine
TITLE:	Keeping Well
LEVEL:	*

Keeping Well

There are many ways of keeping well.

Some people take special teas and herbs to help them feel well.

They know about these teas and herbs from their parents and grandparents.

When some people have back pain, they go to chiropractors.

Chiropractors know a lot about the spine.

They can move the spine in special ways.

This often helps people feel better.

Have you ever had a massage?

Have you ever given anyone a massage?

Sometimes people go for a massage to keep well.

The massage helps them relax and feel better.

What do you do to stay well?

THEME CATEGORY:	Physical and Mental Health
THEME:	Non-Traditional Medicine
TITLE:	Keeping Well
LEVEL:	**

Keeping Well

There are many ways of keeping well. Some people take special teas and herbs to stay well. They know about these teas and herbs from their parents and grandparents. There are special stores filled with hundreds of jars of different teas and herbs.

People with back pain often go to see chiropractors. Chiropractors know a lot about the spine. They can move parts of the spine in special ways that help us feel better.

Have you ever had, or given someone a massage? Sometimes a massage helps people relax and feel better. The person giving the massage works on all parts of the body, from head to toe. One study shows how massage helps newborn babies. Premature babies were given a gentle massage every day for 15 minutes. These babies gained weight more quickly than babies who were not massaged. Studies like this one show that massage and touch are good for our health.

THEME CATEGORY:	Physical and Mental Health
THEME:	Non-Traditional Medicine
TITLE:	Plants as Medicine
LEVEL:	**

Plants as Medicine

Nowadays doctors use drugs to help their patients. In the past, doctors and healers used plants. Even today, some drugs still come from plants. For example, aspirin comes from the willow tree.

Do you happen to have an aloe vera plant on your windowsill? Did you know that this plant can be used to heal burns? Just cut off one of the leaves, slit it open and place it on the burn. You should soon start to feel better.

Many families still use plants and home remedies to stay healthy. People all over the world use lemons to keep well. In India, people make a morning drink by mixing lemon juice, honey and a little water. They also make a tea from lemon leaves to help them relax.

Does your family give you chicken soup when you have a cold? Do they eat a lot of garlic to keep healthy? Do they use honey for coughs? All of these home remedies have been used for years and years. What home remedies are used in your family?

THEME CATEGORY:	Physical and Mental Health
THEME:	Non-Traditional Medicine
TITLE:	Plants as Medicine
LEVEL:	***

Plants as Medicine

Nowadays doctors use drugs to help their patients. In the past doctors and healers used plants. Different parts of the plant can be used – the root, stem, leaves, and flowers. Some of the drugs we use today come from plants. The drug digoxin for the heart comes from the foxglove plant. Morphine comes from the poppy plant. One of the chief ingredients in aspirin is from the bark of the willow tree.

Do you happen to have an aloe vera plant on your windowsill? Ancient people knew that this plant had healing properties, and many considered it holy. Did you know that this plant can be used to heal burns? Just cut off one of the leaves, slit it open and place it on the burn. You should soon start to feel better.

Many families use home remedies to stay in good health. People all over the world use lemons to keep themselves well. In India, people make a morning drink by mixing lemon juice, honey and a little water. They also simmer the lemon leaves to make a drink to help them relax. Does your family do anything special with lemons?

Does your family give you chicken soup when you have a cold? Do they eat a lot of garlic to keep healthy? Do they use honey for coughs? All of these home remedies have been used over the years. What home remedies does your family use?

THEME CATEGORY:	Physical and Mental Health
THEME:	Non-Traditional Medicine
TITLE:	Chiropractors aren't Quacks
LEVEL:	**

Chiropractors aren't Quacks

In 1895 a man called Daniel Palmer treated a deaf man who came to him for help.

Palmer examined the man.

The man told him that he had become deaf when he had hurt his spine.

Palmer used his hands to work on the man's back.

Everyone was surprised when the deaf man was suddenly able to hear again.

Palmer was what we call a chiropractor.

Today when we have back pain, we can go to a chiropractor.

Chiropractors are not quacks.

Chiropractors examine the patient's spine very carefully, just as Palmer did.

They also take x-rays of the spine.

They use their hands to move parts of the patient's spine.

Often their patients feel better after this treatment.

THEME CATEGORY:	Physical and Mental Health
THEME:	Non-Traditional Medicine
TITLE:	Chiropractors aren't Quacks
LEVEL:	***

Chiropractors aren't Quacks

There are other kinds of medical help that we can get besides going to a regular doctor. People who may be able to help us when we are suffering from back pain are chiropractors. Chiropractors are not quacks. Over the years more and more people have been going to chiropractors. Many of these people say that chiropractors have helped them a lot.

Chiropractors examine the patient's spine very carefully. They also take x-rays of the spine. Then they make a diagnosis to figure out what the problem is. Chiropractors use their hands and manipulate the patient's spine. The patient may need to make several visits to the chiropractor for treatment.

The first modern chiropractor was a Canadian-born man called Daniel Palmer. In 1895 Palmer helped a man who had been deaf for seventeen years. The man said he had suddenly become deaf when he was all bent over in a small space and heard something give way in his back. Since then he "could not hear the racket of a wagon in the street, or the ticking of a watch." Palmer examined the man and found that there was something wrong with one of the vertebra in his spine. He had the man lie down on his stomach. Then Palmer used his hands and got the vertebra to move back into its correct place. Soon after that the man was able to hear again.

Palmer's son and grandson followed in his footsteps. Today there are thousands of chiropractors practising in Canada. At first medical doctors didn't accept the work of chiropractors, but this has changed over the years. In fact, many doctors now recommend that their patients get treatment from chiropractors.

THEME CATEGORY:	Physical and Mental Health
THEME:	Non-Traditional Medicine
TITLE:	Chinese Medicine
LEVEL:	**

Chinese Medicine

Chinese medicine began over 3000 years ago.

Chinese doctors looked after the whole person, both the mind and the body.

It was said that a good doctor cures an illness before it happens.

They thought a good doctor should be able to prevent illness.

The Chinese were the first to use acupuncture.

Acupuncture is a treatment using very thin needles.

These needles are placed in special points in the body.

Acupuncture is now popular in Canada.

It is used to treat many different illnesses.

It can also be used to help people lose weight or stop smoking.

THEME CATEGORY:	Physical and Mental Health
THEME:	Non-Traditional Medicine
TITLE:	Chinese Medicine
LEVEL:	***

Chinese Medicine

Chinese medicine began over 3000 years ago. Chinese doctors looked after the whole person, both the mind and the body. They were interested in preventive medicine. According to an ancient Chinese saying, a good doctor was able to cure an illness before it happened. A doctor who could not prevent an illness was considered a poor doctor.

An important idea in Chinese medicine is that of energy or ch'i. All the body organs need the right amount of energy to work properly. If there is too much or too little energy, then there will be an imbalance. This can lead to disease. The Chinese also believe in two opposite qualities. These are called yin and yang. Yin is feminine and yang is masculine. However, nothing is pure yin or yang. There is always some yin and yang in every living object, but these must be balanced. Chinese doctors think of the organs of the body as yin and yang. They use massage, herbal remedies and acupuncture to treat any imbalance of yin and yang.

Acupuncture is a treatment using needles to correct the flow of energy. Very thin acupuncture needles are placed in special points in the body. Acupuncture is now sometimes used in Canada. It is used for many different illnesses. It can also help people lose weight or stop smoking.

THEME CATEGORY:	Mental and Physical Health
THEME:	Stress
TITLE:	Stressed out? Slow Down!
LEVEL:	*

Stressed Out? Slow Down!

Most people have some stress in their lives at one time or another.

On the one hand, a little stress can push us to do the important things that we must do.

On the other hand, too much stress can harm our health.

It is the body's way of telling us to be careful.

When we feel stressed, we have to slow down and relax.

Do you know when you are stressed?

Some people get headaches.

Some people find it hard to sleep.

Some people get into fights.

What can you do to relax?

You can talk to someone.

You can go for a walk.

You can listen to music or see a funny movie.

Just remember: slow down and take it easy.

THEME CATEGORY:	Mental and Physical Health
THEME:	Stress
TITLE:	Stressed Out? Slow Down!
LEVEL:	**

Stressed Out? Slow Down!

Most people have some stress in their lives at one time or another. On the one hand, a little stress can push us to do the important things that we must do. On the other hand, too much stress can harm our health. It is the body's way of telling us to be careful. When we feel stressed, we have to slow down and relax. Do you know when you are stressed? What do you do to relax?

It's easy to get stressed. Sometimes we rush too much or try to do too many things at once. We worry about our families, about work, about money. There is always plenty to worry about! Our bodies react to stress in different ways. Some people get headaches. Others find it hard to sleep or feel nervous. Some people may get into a lot of fights. What about you? How do you feel when you are stressed?

Here are some things we can do to deal with our stress:

- We can talk about our problems to a friend, a counsellor, or someone from our church.
- We can slow down and relax. For example, we can listen to relaxing music or see a funny movie.
- We can exercise. Spending a little time outdoors, going for a walk, and playing sports are all enjoyable ways to unwind.

Feeling stressed out? Slow down!

THEME CATEGORY:	Mental and Physical Health
THEME:	Laughter
TITLE:	Heard Any Good Jokes Lately?
LEVEL:	*

Heard Any Good Jokes Lately?

*It's not the **minutes** that we spend at the dinner table that make us fat.
It's the **seconds** that will.*

There is nothing like a good laugh.

They say that laughter is the best medicine.

Laughter is a great way to get rid of stress and to relax.

People laugh in different ways.

Some of us laugh loudly.

Some of us just smile and laugh softly.

Some of us laugh and cry at the same time.

How do you laugh?

Do you take yourself too seriously?

Do you worry too much?

Why not try having a good laugh instead?

By the way, have you heard any good jokes lately?

THEME CATEGORY:	Mental and Physical Health
THEME:	Laughter
TITLE:	Heard Any Good Jokes Lately?
LEVEL:	**

Heard Any Good Jokes Lately?

*It's not the **minutes** that we spend at the dinner table that make us fat.
It's the **seconds** that will.*

There is nothing like a good laugh. They say that laughter is the best medicine. Laughter is a great way to reduce stress and to relax. Do you take yourself too seriously? Try to see the funny side of life sometimes.

There are different kinds of laughter. Some people have a loud belly laugh. Others laugh only a little bit. Some people have a shy giggle. Sometimes we laugh so hard that it hurts, and tears roll down our cheeks. Sometimes we start laughing, and don't even know why we're laughing. We might hear other people laughing and before we know it, we're laughing too. When was the last time you had a really good laugh?

Experts now agree that laughter is good for us. It is an easy way to reduce stress. After a few minutes of solid laughter, we feel relaxed and ready to carry on. Having a sense of humour helps us enjoy life. It helps if we can laugh at ourselves. Instead of getting angry when things go wrong, we can try to see the funny side. Sometimes things are so bad that we can't find anything to laugh about. But later, when we look back, we can usually find something funny. And believe it or not, laughing really does make things seem better. By the way, have you heard any good jokes lately?

THEME CATEGORY:	Mental and Physical Health
THEME:	Diets
TITLE:	Diets Don't Help (Poem)
LEVEL:	***

Diets Don't Help

Marie was tired and not feeling great.
She knew what was needed: she had to lose weight.
She had been on so many diets before,
But to tell the truth, she found them a bore.
"My weight is driving me crazy," she said with a frown.
"I feel like a yo-yo that goes up and down."

It's time for some big changes, and here is the first:
A trip to the nutritionist before I do burst!
The nutritionist made plans on what she should eat,
Three good meals a day and the occasional treat.
"The next big change," she said, "is to exercise
At least three times a week to reduce your size."

Marie knew then there was no turning back,
And finished off slowly her very last snack.
"This sounds hard," she said, "but what have I to lose?
For a start I'll give up chocolates, chips and all booze.
I'll swim twice a week and walk when I can;
Eat three healthy meals; that'll be my plan."

You know what happened next? I'm sure you do.
She lost lots of weight and felt happy too.
The moral of this tale is quite plain to see:
Diets don't help. You can be free.
Eat well, take care and try not to worry.
With exercise you'll get there, if you're not in a hurry!

THEME CATEGORY:	Mental and Physical Health
THEME:	Alcohol
TITLE:	How Much is Too Much?
LEVEL:	*

How Much is Too Much?

Alcohol is part of today's world.

From time to time it's nice to have a drink with friends.

Enjoying a drink once in a while is one thing.

Needing a drink to get through the day is another.

When we feel we **need** a drink, we have a drinking problem.

When pregnant women drink, they hurt their unborn babies.

When people drink and drive, they can hurt, and even kill, other people.

People with a drinking problem can get help from AA.

THEME CATEGORY:	Mental and Physical Health
THEME:	Alcohol
TITLE:	How Much is Too Much?
LEVEL:	**

How Much is Too Much?

Alcohol is part of today's world. From time to time it's nice to have a drink with friends. Enjoying a drink once in a while is one thing. Needing a drink to get through the day is another. When we **need** a drink, we have a drinking problem.

Drinking is part of today's society. It's fun to go out with friends for a drink now and then. However, for some people, drinking becomes a disease. They need to drink every day. They are alcoholics. They drink to forget their problems or to make themselves feel better. People with a drinking problem can get help from AA.

When pregnant women drink, they harm their unborn babies. The alcohol they drink enters the babies' bloodstream. When the babies are born, they might not look normal. The shape of their faces, especially their eyes and noses, may be deformed. These babies may also have brain damage. They may be retarded or have very serious learning problems. When pregnant women drink they harm themselves, but they may harm their babies even more.

Alcoholism is a very serious problem. Alcoholics harm themselves and they can also injure, and even kill, other people. This can happen when they drink and drive. If friends go out drinking, they can choose one person to be the "designated driver." This person will not drink at all and will be able to drive everyone else home. Having a "designated driver" prevents car accidents and saves lives.

THEME CATEGORY:	Personal Organization and Management
THEME:	Time Management
TITLE:	On Time
LEVEL:	**

On Time

Wendy hurried into class. The class had already started. "Late again!" she said to herself as she sat down next to her friend, Rita. Rita smiled at Wendy and helped her find the right page in the book.

After class, Wendy told Rita what had happened. She got up at seven o'clock and went to wake up her son, Tommy. Then they both got dressed, but Tommy couldn't find his shoes. It took ten minutes to find them. They were under the sofa.

Wendy made Tommy's lunch. She put a sandwich, an apple and a drink in his lunch box. She didn't have time to make a lunch for herself. Tommy got the school bus just in time, but Wendy missed her bus. So she was late for class.

THEME CATEGORY:	Personal Organization and Management
THEME:	Time Management
TITLE:	On Time
LEVEL:	***

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Tommy got the school bus just in time, but Wendy missed her bus. So she was late for class and she had no lunch.

Rita shared her lunch with Wendy. She was a good friend. She told Wendy how she managed her time. "I get things ready at night," she told Wendy. "I put my clothes on a chair. I make my lunch and put it in the fridge. Then I am ready for the next day."

Wendy listened. "I'll try that," she said. "Then I can get to school on time."

The two women talked. They both had young children. They were both going to school. Their days were very busy. They both liked movies. They had a lot in common, but they were different too. Wendy did everything at the last moment. "I have so much to do," she said. "I always feel rushed. It is difficult to settle down to my school work."

Rita planned ahead. She prepared lunches and clothes at night, so that everything was ready for the following day. She cooked extra food on the weekend. That made it easier to make supper at the end of the school day.

Wendy decided to try to plan ahead. The next week she was on time for school every day. She was more organized. She could concentrate on her school work. She even found time to go to a movie with Rita.

THEME CATEGORY: Personal Organization and Management

THEME: Time Management

TITLE: Making an Appointment

LEVEL: **

Making an Appointment

David had to make an appointment for an x-ray. He was anxious because he did not want to miss work or school. David worked five days a week and he went to school three nights a week. That did not leave much time for other things.

David picked up the telephone and called the clinic. "Medical Clinic. Good afternoon. May I help you?"

"I need to make an appointment for an x-ray," David answered.

"I can give you Monday morning at 10:30," the receptionist told him. David didn't want to go at that time. He would miss work.

"Can I have an appointment for Tuesday evening?" he asked. He did not have to go to school on Tuesday.

"Sorry, I have nothing available for Tuesday, but I can give you 5:30 p.m. on Wednesday," said the receptionist.

"That's a good time," he told her.

David was pleased. He could have his x-ray in the time between work and school.

THEME CATEGORY: Personal Organization and Management

THEME: Time Management

TITLE: Making an Appointment

LEVEL: ***

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David was pleased. He could have his x-ray in the time between work and school.

"Give me your name and telephone number, please," said the receptionist.

"Your appointment is for 5:30 p.m. Wednesday, April 15th," she repeated. "Don't forget to bring your medicare card and the doctor's note."

"Thank you," David said, as he replaced the receiver. He felt relieved. The receptionist had been helpful. His appointment was not the best time for him, but it was not a bad time either. He would not have to miss work or school.

Everyone has to make appointments at some time. We need appointments to visit the dentist and doctor, to go for x-rays and blood tests. We may have to arrange a time to see a welfare agent or a landlord. Sometimes we have to see a teacher in school.

It is difficult to find time for appointments when we have many other commitments. If you have to make an appointment, look at your schedule. Try to estimate how much time you will need. It helps if you can make appointments at a time that is convenient for you and for the person you are meeting. When you have made the appointment, make a note of the time and day on your calendar. Then be sure to arrive on time.

THEME CATEGORY:	Personal Organization and Management
THEME:	Time Management
TITLE:	Calendars
LEVEL:	*

Calendars

Christmas is over. The toy department is empty.

The Christmas card racks are a mess.

But the department that sells calendars is still very busy.

The New Year is about to begin.

People are choosing their new calendars.

There are all kinds of calendars.

Some have pictures of Quebec.

Some calendars have pictures of Canada.

Some have pictures of dogs or cats or wild animals.

There are calendars with old maps and calendars with new cars.

Everyone has a favourite calendar.

THEME CATEGORY:	Personal Organization and Management
THEME:	Time Management
TITLE:	Calendars
LEVEL:	**

Calendars

Christmas is over. The toy department is empty. The Christmas card racks are a mess. But the department that sells calendars is still very busy. The New Year is about to begin and people are choosing their new calendars.

There are all kinds of calendars. Some calendars have pictures of Quebec. Some have pictures of Canada. Some have pictures of dogs or cats or wild animals. There are calendars with old maps and calendars with new cars. Everyone has a favourite calendar.

All calendars show the month, the day, and the date. So we know that November 25th, 1994 will be on a Friday. A calendar helps us plan our activities. Most calendars give us even more information. They name special holidays such as Thanksgiving Day, Yom Kippur and Canada Day. Some calendars indicate the lunar months. They show when there will be a full moon and a new moon.

Many calendars have a space beside each day for making notes. Lots of people rely on these calendars to keep track of their appointments and activities. The space can be used to mark family birthdays and special meetings. A calendar can be an attractive decoration and is always an important tool in organizing time in our lives.

THEME CATEGORY:	Personal Organization Management
THEME:	Consumer Spending
TITLE:	Choosing a Car
LEVEL:	**

Choosing a Car

Garry is planning to buy a car. He is not going to buy a new car. "They are too expensive," he says, "and they soon lose their value."

His brother, Mike, agrees. "You might have to pay for some repairs if you buy a used car," he adds, "but you'll pay less on insurance."

Garry has not decided what kind of car to get. He would like a van or a pickup truck. Either of these would be easy to load when he goes hunting and fishing. A truck would be useful when he has to buy things for fixing the house.

Garry's wife, Sharon, wants a 4-door family car or a station wagon. That would be better for her when she goes out with the children. She thinks it would be more comfortable too.

They will have to talk about it some more, before they decide what kind of car to get.

THEME CATEGORY: Personal Organization and Management

THEME: Consumer Spending

TITLE: Choosing a Car

LEVEL: ***

Choosing a Car

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Garry has not decided what kind of car to get. He would like a van or a pickup truck. Either of these would be easy to load when he goes hunting and fishing. A truck would be useful when he has to buy things for fixing the house.

Garry's wife, Sharon, wants a 4-door family car or a station wagon. That would be better for her when she goes out with the children. She thinks it would be more comfortable too. They will have to talk about it some more before they decide what kind of car to get.

Garry and Sharon finally decide to get a 4-door sedan. It will be easier to park on the street. They will put a trailer-hitch on the back of it and borrow Mike's trailer when they have big things to carry.

They hope that they can find a car that is in good condition and that is in their price range. A car with low mileage should last longer. They will have to check the paint work and look for signs of rust.

Garry goes to car dealers to see what they are selling. Sharon looks in the papers and on community billboards. They both tell their friends that they are looking for a car.

Finally they find a car that seems to suit their needs. Garry, Sharon and Mike all go along to look at it. The car is three years old, but it has been well-maintained. The mileage is not too high. They take it for a test drive. The car runs smoothly, and the brakes seem to work well.

Garry takes the car to a mechanic to have it checked out. He tells him that the car needs a few minor repairs and will soon need new tires, but the car is in good condition. It is a good buy. Garry and Sharon are pleased. They have found a car.

THEME CATEGORY:	Personal Organization and Management
THEME:	Family Life
TITLE:	Keeping in Touch
LEVEL:	**

Keeping in Touch

August 17, 1993

Dear Anita,

What a great day we had with you last Sunday. It was a good idea to meet you in the park half way between your town and our town. It saved us both a lot of time and gas.

Our little boys really enjoyed seeing their cousins again, and playing with them in the stream. It was funny watching Jenny and Dan chase the squirrel.

Mary and I enjoyed sitting at the picnic table talking to you and Martin.

We should meet again next month.

Until next time.

Your brother,

Bob

THEME CATEGORY:	Personal Organization and Management
THEME:	Family Life
TITLE:	Keeping in Touch
LEVEL:	***

Keeping in Touch

7830 Church Street
Granby, Quebec

August 17, 1993

Dear Anita,

We had a great day out with you last Sunday. It was a good idea to meet halfway between your town and our town. It saved us both a lot of time and a lot of gas. We were able to get some of our housework done before we left, spend the whole afternoon with your family and we still got home before dark. It worked out very well.

Our little boys really enjoyed meeting their cousins again, and playing in the stream with them. They talked about it all the way home. It was the perfect place for such a hot day. Wasn't it funny watching Jenny and Dan chase the squirrel? They were surprised that the squirrel could run up the tree so quickly.

Mary and I enjoyed sitting at the picnic table talking to you and Martin about the children, and about the summer days of our own childhood. It was interesting to catch up on all the news of work and the family.

We should meet again for a day out. In September, we usually take the children to the apple orchards. They love to ride up to the orchards on the farmer's big wagon. They run around under the trees picking apples. Perhaps you could join us. Sometimes Mom and Dad come with us. The boys love to have their grandparents come too. Think about it. It would be a big family outing.

Until next time.

Your brother,

Bob

Teacher's Notes: Personal Organization and Management

1. Choosing a Car

Suggestions for discussion and activities:

Need for cars, cost of buying and maintaining a car, choosing a car, consumer associations and their publications, car safety, safe driving, taking a driver's test, alternatives to owning a car.

2. Family Life

Suggestions for discussion and activities:

Ideas for family activities – things to do, places to go. Keeping in touch with relatives – how much is too much or too little.

Different ways of keeping contact.

Family reunions, celebrations, traditions.

Importance of belonging, roots, etc., for children and adults, in-laws, maintaining links between generations.

Family trees.

How to write letters, what to say. How to make telephone calls, taking advantage of low rates.

THEME CATEGORY: The Environment

THEME: Climate

TITLE: Weather Facts

LEVEL: **

Weather Facts

Did you know that:

A pine cone opens up when the air is dry. It closes up when the air is damp.

All snowflakes have six sides, but no two snowflakes are alike.

It is warmer in the city than it is in the country.

If you count the seconds between lightning and thunder, you can tell how far away the storm is (about three seconds for each kilometre).

Montreal is one of the snowiest cities in the world.

Canada is one of the coldest countries in the world.

We are most likely to have Indian summer at the beginning of October.

THEME CATEGORY:	The Environment
THEME:	Climate
TITLE:	Weather Facts
LEVEL:	***

Weather Facts

Did you know that:

All snowflakes have six sides, but no two snowflakes are alike.

On a cold day in early winter, you may see steam rising from the rivers. This is because the water is warmer than the air.

If you count the seconds between lightning and thunder, you can tell how far away the storm is (about 3 seconds for each kilometre).

The colors in a rainbow are always in the same order: red, orange, yellow, green, blue, indigo and violet.

A pine cone opens up in dry weather, and it closes up when the air is damp.

The sound of a cricket gets louder as the temperature increases.

The temperature in a large city is higher than it is in the country around it.

Did you also know that:

Quebec and Montreal are among the snowiest cities in the world.

Canada is the coldest country in the world, with an average daily temperature of -5°C .

Ottawa is the 2nd coldest capital city in the world.

Indian summer in Quebec is most likely to be in the first 18 days of October.

Satellites, balloons and airplanes are used to collect information about weather.

Environment Canada gives weather forecasts for 436 different places in Canada.

Weather forecasts for temperature are accurate about 95% of the time, in Canada. Forecasts for precipitation are accurate about 75% of the time.

THEME CATEGORY:	The Environment
THEME:	Climate
TITLE:	Weather Whys (Wise)
LEVEL:	*

Weather Whys (Wise)

Why is Québec so cold in winter?

In winter the sun is low in the sky.

The days are short and cold.

Cold winds come from the Arctic.

So, winter is very cold.

What is the wind chill factor?

Very cold winds make a winter day even colder.

This is called wind chill.

If it is very cold, the skin can freeze.

We have to dress up when we go outside.

Why is it hot in summer?

In summer the sun's rays are stronger.

The days are long and hot.

What is precipitation?

Precipitation is rain or snow.

THEME CATEGORY:	The Environment
THEME:	Climate
TITLE:	Weather Whys (Wise)
LEVEL:	***

Weather Whys (Wise)

Why is Québec so cold in winter?

In winter our part of the earth tilts away from the sun. The sun is low in the sky. Its rays are weaker, so the days are shorter and colder than in summer. In Québec, it is especially cold because we get very cold air coming from the Arctic in the north.

Why is the wind chill factor so important?

On a winter's day the temperature can be cold. A cold wind blowing can make it even colder. Wind chill means that it is colder than the temperature on the thermometer. Wind chill can make -15°C feel like -25°C . It can be dangerous if you are not prepared for the wind chill factor.

Why does it stay warm in winter in Florida and Jamaica?

Florida and Jamaica are in the tropics. They are in the widest part of the earth. The tropics are not affected so much by the tilting of the earth. The sun's rays stay strong all year so the temperatures stay warm all year.

Why is it hot in summer?

In summer our part of the earth is tilted towards the sun, so we receive more sunlight. The days are longer and warmer.

What is precipitation?

Precipitation is moisture that falls from the clouds to the ground. It can fall as rain, freezing rain, snow or hail.

What do we call the study of weather?

Meteorology is the study of weather. A meteorologist is a person who studies the weather and makes weather forecasts.

What is "global warming"?

"Global warming" refers to a change in the earth's climate. Climate does not stay the same all the time. We know that there have been ice ages in the past. Most of Canada was covered by ice. Scientists believe that the climate is beginning to change again. They think that it is getting warmer. They also think that pollution is causing or speeding up the global warming.

THEME CATEGORY:	The Environment
THEME:	Pollution
TITLE:	Our Maple Trees are Dying
LEVEL:	*

Our Maple Trees are Dying

Pancakes without maple syrup?

Let's hope not.

Maple syrup is very popular in Québec.

Québec makes most of the maple syrup in the world.

But now a lot of our maple trees are sick and dying.

The rain and snow are killing them.

The rain is called acid rain.

A lot of the acid rain falling in Canada comes from the United States.

Canada is working with the United States to save our trees.

THEME CATEGORY:	The Environment
THEME:	Pollution
TITLE:	Our Maple Trees are Dying
LEVEL:	**

Our Maple Trees are Dying

When we think of pancakes, we think of maple syrup. For many of us, pancakes wouldn't taste half as good without maple syrup. Québec is famous for its maple syrup. Québec makes $\frac{2}{3}$ of all the maple syrup in the world.

Trees need good soil, sunlight and water to grow. They get the water from rain and snow. But now, rain and snow are hurting our maple trees. In fact, they are killing them. In normal times, about 2% of our healthy trees die each year. Now almost 20% of our trees are dying each year. Acid rain weakens the trees and then they cannot survive. Planting new trees does not always help. Even these new trees do not grow as well as they should.

A lot of the acid rain comes from factories that burn coal. The smoke from these factories mixes with the moisture in the air. This produces acid rain. More than half the acid rain falling in Canada comes from factories in the United States. Canada is working with the United States to save our maples.

THEME CATEGORY:	The Environment
THEME:	Gardening
TITLE:	Spring Flowers
LEVEL:	*

Spring Flowers

Winter is so long in Québec.

We are glad to see it go.

We are glad to welcome spring.

We welcome the spring flowers in the gardens and in the parks.

Spring brings bright yellow daffodils.

Look for daffodils nodding in the wind.

Then look for tulips. Tulips stand tall and strong.

They are red, yellow, pink and white.

After the tulips, we get the apple blossoms.

Pink and white blossoms fill the trees.

The sweet smell of blossoms fills the air.

Spring has come.

THEME CATEGORY: The Environment

THEME: Gardening

TITLE: Spring Flowers

LEVEL: ***

Spring Flowers

We know that our long Québec winter is really over when we see the first flowers in the garden.

Tiny, delicate snowdrops are the first to appear. Then come the crocuses, white and purple and yellow. Daffodils are tall, strong, bright and cheerful.

One of the most popular spring flowers is the tulip. Tulips stand tall and straight. They have long stems and flowers that are shaped like cups. Tulips can be red, yellow, pink and white. Tulips bring bright colours to our gardens and parks.

In the quiet woods, trillium covers the ground. This white flower with its dark green leaves can be found under the trees in springtime.

By the time pink and white blossoms cover the apple trees the air is mild and warm. Sweet smells of blossom and lilac fill the air. Spring has arrived.

Teachers' Notes: The Environment

1. Climate

For further discussion and research:

Factors affecting climate, seasonal changes and their effect on our lives; Canada's climatic variations; weather forecasting; climate in other parts of the world; understanding vocabulary; understanding weather forecasts (radio, television and newspaper); weather myths and sayings; poems.

Information Sources:

Various media for weather forecasts
Atlas for climatic regions

Marilynne W. Mathias and Robert A. Johnson, 1983, *Earth Below and Sky Above*, Syracuse, New York, New Readers Press.

Cosgrave, Brian, 1991, *Weather*, Eyewitness Book, Stoddart Publishing Co. Ltd., Toronto.

2. Spring Flowers

So many of our day-to-day activities, both in and out of the classroom, revolve around the necessities and the problems of life. Sometimes we need to stand back, appreciate and enjoy the world around us. A class project on flowers can bring out the romantics and the artists, as well as the gardeners.

Many students do not know the names of common flowers and trees. This not only restricts their discussion of such plants but also limits their understanding of texts, as they cannot create pictures in their minds when reading descriptions involving flowers and trees.

For further discussion and activities: flowers in season, seasons of the year, wildflowers, indoor plants, colours, colour associations, gardening, scents and smells, a walk through a park or along a street where flowers are in bloom or growing plants in the classroom.

Resources: books about flowers, especially picture books; gardening catalogues, postcards and photographs; poems, e.g. "Daffodils" by William Wordsworth.

Science Today, 1987, Steck-Vaughn Company, Austin, Texas.

THEME CATEGORY:	Human and Social Sciences
THEME:	Québec
TITLE:	The St. Lawrence River
LEVEL:	**

The St. Lawrence River

Canada's most important river runs through the province of Québec.

The St. Lawrence River flows from Lake Ontario through Québec and out into the Atlantic Ocean.

The first European explorers discovered Québec by sailing up the St. Lawrence. It was the first "highway". For many, many years there were few roads. People travelled by water along the St. Lawrence River.

The explorers travelled the country by canoe. They travelled by rivers. They were called *voyageurs*. Fur traders used the rivers to bring furs to Montréal. The first farmers were given land along the St. Lawrence.

People settled along the Gulf of the St. Lawrence because they could catch plenty of fish.

Many ships stopped in Québec City and Montréal. These cities became important ports on the St. Lawrence River.

THEME CATEGORY: Human and Social Sciences

THEME: Québec

TITLE: The St. Lawrence River

LEVEL: ***

The St. Lawrence River

Canada's most important river runs through the province of Québec. The St. Lawrence leaves Lake Ontario and flows northeast for 1200 km. all the way through Québec. It meets the Atlantic Ocean in the Gulf of the St. Lawrence. The Gulf is home to a great variety of wildlife, especially birds and fish. Snow geese rest here on their migration south. Thousands of seabirds nest on famous Percé Rock and nearby Bonaventure Island.

The St. Lawrence River has always been important to Québec. Indians, the aboriginal peoples of the land, lived along the shores of the river. The Iroquois and the Hurons have lived in the valley for centuries. The first European explorers entered the country by way of the St. Lawrence. It is called the St. Lawrence because Jacques Cartier sailed into the river on that saint's feast day in 1535.

The river became the main highway of Québec. There were few roads, and people travelled by water along the St. Lawrence. The *voyageurs* explored the country by canoe, using the rivers. Fur traders used the same rivers to bring furs to Montréal. The first French settlers, the *habitants*, were given land along the river to farm. Each farmer was given a long, narrow strip so that everyone could be near the river.

The busiest ports along the St. Lawrence, Québec and Montréal, became the largest cities in Québec. Trois Rivières, built where the St. Maurice River joins the St. Lawrence, is a centre for the pulp and paper industry. Sorel became a ship-building town. People also settled around the Gulf of the St. Lawrence, on the North Shore, the Gaspé and on the Magdalen Islands because they were close to the Atlantic fishing grounds.

The St. Lawrence remained the main gateway to Canada. Most immigrants to Canada came by ship until the 1960s. The ships sailed up the river to Québec or Montréal. Today many of the country's exports, such as wheat and lumber, are still shipped from ports along the St. Lawrence.

The St. Lawrence freezes in winter. In the past, ships could not sail on the river until the ice broke up. Now, icebreakers keep shipping lanes open all winter. The ports of Montréal and Québec stay open all year.

THEME CATEGORY: Human and Social Sciences

THEME: Native Peoples

TITLE: The Iroquois

LEVEL: *

The Iroquois

In the past, the Iroquois people lived near the Great Lakes.

Some of this land is now in Québec.

People led simple lives.

They did not get paid for work because they did not use money.

Everyone had to share.

Everyone had a job to do.

People hunted and grew corn.

Iroquois men were hunters.

Iroquois women were farmers.

They also cooked, cleaned and made moccasins for the clan.

THEME CATEGORY:	Human and Social Sciences
THEME:	Native Peoples
TITLE:	The Iroquois
LEVEL:	***

The Iroquois

In the past, the Iroquois people lived south of Lake Ontario and Lake Erie. Some of this land now lies in Québec. They led simple lives. They did not get paid for work the way people do today because there was no money as we understand it today. Everyone had to share, and everyone had a job to do. This kept the community and nation together. People grew corn, hunted deer, fished and built canoes. They had to be skilled artisans because good tools and weapons were needed to hunt and fish.

Iroquois men were hunters and warriors. They understood the animals very well. They had to learn to be kind, patient, and quiet. They had to respect the spirits in the forests. They had to be careful not to offend them, and they had to take care to use every single part of the animal they killed. The meat was eaten, the skin was used to make clothes and the bones were used to make tools.

The Iroquois women were farmers. They grew corn, beans, and squash. They also cooked and cleaned. There were many dishes prepared from corn: corn cakes, corn pudding, and corn soup. Clay pots were used for cooking, and baskets were made from corn husks and bark from trees. Like the men, the Iroquois women used every part of the corn plant. They also made the clothing and moccasins for the clan. Iroquois women held very important positions because the Iroquois family was carried on from the mother's side of the family. This is why Iroquois society was what is called a matriarchal society.

THEME CATEGORY: Human and Social Sciences

THEME: Québec

TITLE: Rural Québec

LEVEL: *

Rural Québec

Many people do not live in big cities.

Some people are farmers.

They keep cows and pigs and chickens.

They grow fruit and vegetables.

Some people are fishermen.

They go to sea to catch fish.

Québec has big forests.

Timber is needed to make lots of things, like paper and houses.

There are many mines in Québec.

Gold and copper are mined in Québec.

Québec makes a lot of electric power.

Québec sells electric power.

The biggest hydroelectric dams are in James Bay.

There is a lot to see in Québec.

People come from many places to visit Québec.

They go to the big cities, but they go to see the beautiful countryside too.

THEME CATEGORY: Human and Social Sciences

THEME Québec

TITLE: Rural Québec

LEVEL: ***

Rural Québec

Many people in Québec do not live in cities. They live and work in small towns and villages across the province.

The aboriginal people of Québec often live in remote parts of the province, far from cities. The Inuit live in the far North, where they have survived by fishing and hunting. The Indians have lived off the land for centuries, hunting, fishing and growing crops where the land was fertile.

Some of Québec's first European settlers were farmers; farming is still an important occupation. The best farming land is found in the St. Lawrence Valley and in the Eastern Townships. Quebec farms provide almost half of Canada's dairy products. Rougemont and Hemmingford are well-known for their apple orchards.

The Gaspé Peninsula is close to the Atlantic fishing grounds. Fishing is important to the people of the Gaspé. Unfortunately, there are not as many fish now, so fishermen find it hard to make a living.

Québec's huge forests have provided work for many men. The trees are cut and the lumber is used in construction and in the pulp and paper industry. These industries are important in Shawinigan, Lac St. Jean and Baie-Comeau.

Mines are often found in remote regions. Gold is mined at Val d'Or; copper at Rouyn. Thetford Mines was once the site of big asbestos mines. Alcan aluminum is processed in the Lac St. Jean – Saguenay region.

The province has many large, fast-flowing rivers which can be used to produce hydroelectric power. The biggest hydroelectric power stations are at James Bay. Québec produces enough electricity for the whole province and exports the rest.

Québec is known not only for its industry but also for its beautiful countryside and its wilderness parks. Tourists from all over the world visit Québec. They come to hunt and to fish, to ski and to sail, to walk and to relax. Québec's mountains, rivers and lakes provide the perfect place for a vacation.

THEME CATEGORY: Human and Social Sciences

THEME: Québec

TITLE: Cities

LEVEL: *

Cities

Québec City is the capital of the province.

It is a very old city.

People come from far away to visit Québec.

Montréal is the biggest city in the province.

Montréal has a big port.

It has lots of offices and factories.

There are stores and restaurants.

People go to Montréal for fun.

There is a lot to do and see in Montréal.

Another big city is Hull.

Hull has a very big museum.

Lots of people visit the museum.

THEME CATEGORY:	Human and Social Sciences
THEME:	Québec
TITLE:	Cities
LEVEL:	**

Cities

Québec City is the capital of the province. All the government offices are in the city. The National Assembly meets there. Québec is one of the oldest cities in North America. Many of its buildings are very old. People come from far away to visit Québec. They even come in the middle of winter. Visitors come for the winter carnival.

The biggest city in the province is Montréal. It is built on an island. Montréal has a big port. It has many industries such as textile manufacture, food processing, airplane manufacture and telecommunications. People enjoy visiting Montréal. There are so many cinemas, restaurants, shops and museums. Sports fans can see hockey and baseball games.

Hull is another big city in Québec. It is just across the river from Ottawa. Some Canadian government offices are in Hull. It has one of Canada's largest museums, the Museum of Civilisation. Thousands of people visit the museum every year.

THEME CATEGORY:	Human and Social Sciences
THEME:	Maple Syrup
TITLE:	How the Iroquois Discovered Maple Syrup
LEVEL:	*

How the Iroquois Discovered Maple Syrup

We know about maple syrup from the native people.

But how did they learn about it?

Here is a story that tells what might have happened:

One spring day a chief got ready to go hunting.

He took his axe that was stuck in a maple tree.

The axe had made a cut in the tree.

It just so happened that there was a bowl under the tree.

The sap from the cut dripped into the bowl.

The chief's wife saw the bowl.

She thought it was full of water and poured it into her stew.

That night, the chief and his wife ate the stew.

They wondered why it tasted sweet.

What they thought was water was really sap from the maple tree.

And that's how the native people discovered maple syrup.

THEME CATEGORY:	Human and Social Science
THEME:	Maple Syrup
TITLE:	How the Iroquois Discovered Maple Syrup
LEVEL:	***

How the Iroquois Discovered Maple Syrup

We don't know exactly how the native people found out about maple syrup. There are many different stories that explain how this might have happened. Here is one of them:

One spring morning an Iroquois chief was getting ready to go hunting. He went to get his hatchet. When he wasn't using his hatchet, he kept it stuck in a tree. It just so happened that this time the chief had stuck his hatchet into a maple tree. Now, it also just so happened that there was a bowl right underneath the tree. The sap from the maple tree dripped right into the bowl and before long the bowl was full.

The chief's wife saw the bowl of sap and thought it was water. She took it to use in her cooking. She was making a stew and poured the sap into it. Then she left it to cook on the fire all afternoon.

When the chief and his wife ate the stew that night, the stew tasted better than ever before. The chief said, "This stew is delicious. I wonder why it tastes sweet."

His wife answered, "Well, I used the water in the bowl. Could that have made the difference?"

And sure enough it had. What the chief and his wife thought was water was of course sap from the maple tree. And that's how the native people discovered maple syrup.

THEME CATEGORY:	Human and Social Studies
THEME:	Maple Syrup
TITLE:	Québec's Famous Maple Syrup
LEVEL:	*

Québec's Famous Maple Syrup

Québec is famous for its maple syrup.

Maple syrup comes from maple trees.

Maple syrup is made in the spring when the sap runs in the trees.

The sap is collected and then boiled for a long time.

It takes a lot of sap to make one spoonful of syrup.

If the sap is boiled even longer, it becomes maple sugar.

In the past, maple syrup was made into candy for children.

The thick syrup was poured onto the snow to cool.

The syrup turned into taffy.

The children pulled the taffy to make it very long.

Then they ate it.

Now you can taste this candy if you visit a sugar shack in the spring.

THEME CATEGORY:	Human and Social Studies
THEME:	Maple Syrup
TITLE:	Québec's Famous Maple Syrup
LEVEL:	***

Québec's Famous Maple Syrup

Québec is famous for its maple syrup. There are four kinds of maple trees that are tapped to make syrup: the sugar maple, the black maple, the red maple, and the silver maple. The sugar maple makes the most maple syrup. It takes a maple tree forty to eighty years to grow big enough to make good sap for syrup. At that age the tree is still young. Some maple trees live up to four hundred years.

To make maple syrup, sap has to be collected from the trees. The best time to collect the sap is in the early spring. The maple syrup season is only two or three weeks long. It can be any time from early March to the middle of April. The sap runs best when the temperature during the day is about 2°C or more, and when the temperature at night is around -3°C or less. In warmer weather, the sap still runs in the trees, but once the leaves start to grow, the sap isn't sweet anymore.

After the sap is collected, it has to be boiled until most of the water evaporates and only the syrup is left. It takes about forty spoonfuls of sap to make one spoonful of maple syrup.

In the past, maple syrup was made into candy. Extra thick maple syrup was poured onto the snow. While it was cooling, the syrup hardened into taffy. The children pulled the taffy to see how long they could stretch it before it broke. This was called the taffy pull. After the pull, the children would gobble up the delicious, sweet taffy.

Teachers' Notes: Human and Social Studies

1. The St. Lawrence River ** \ ***

A map of Québec will be helpful when reading this article.

THEME CATEGORY:	Science and Technology
THEME:	Lasers
TITLE:	Lasers Change Medicine
LEVEL:	**

Lasers Change Medicine

Scientists are always discovering new things. One of these important new discoveries is the laser. A laser is a very powerful light. Although lasers are less than 50 years old, they have already changed our lives.

In medicine, doctors use lasers for certain types of operations because they save time and make the operations less painful. One kind of eye operation used to take up to three hours. Now it can be done in a few minutes. Patients who had to stay in the hospital for a few days can now go home the same day.

Now scientists are studying how to use the laser as a painless drill for dental work. For people who hate going to the dentist, that would really be wonderful.

THEME CATEGORY:	Science and Technology
THEME:	Lasers
TITLE:	Lasers Change Medicine
LEVEL:	***

Lasers Change Medicine

Scientists are always making discoveries and one of these is the laser. The laser is a very powerful light wave. It is less than 50 years old, but it has already changed our lives. When we think of lasers, we think of special light shows, and the laser printer for our computers. The compact disk player, or CD, also uses a laser.

Lasers play an important part in medicine. Doctors now use lasers to perform certain types of surgery. In these operations, lasers replace scalpels. Instead of cutting through tissue, doctors burn through it with lasers. Besides being very precise, lasers cause less bleeding.

Patients benefit from the use of lasers. One type of operation that used to take up to three hours is now done in just a few minutes. Another operation that uses lasers is the operation to remove cataracts. Older people often get cataracts which cloud their vision. People who needed cataract operations had to be in the hospital for a few days. Now with the use of lasers, people can have their cataracts removed and go home from the hospital on the same day.

In just a short time, lasers have already brought us many benefits. As scientists learn more about lasers, they will discover different uses for them. Already they are looking into using lasers as a painless drill for dentists to use. Lasers are part of the wave of the future.

THEME CATEGORY:	Science and Technology
THEME:	Innovations
TITLE:	A Stretcher for Babies
LEVEL:	*

A Stretcher for Babies

Sometimes people take old ideas and change them.

This is what a woman called Wendy Murphy did.

We have used stretchers to move sick people for many years.

But we never had a stretcher to move babies.

Wendy came up with the idea for a baby stretcher when she saw pictures of the earthquake in Mexico City in 1985.

Wendy saw that there was no stretcher to move the babies.

She made a new kind of stretcher for them.

Wendy's stretcher can move babies safely.

It has straps to hold up to six babies at a time.

In 1991 she won a prize from the Canadian government for her baby stretcher.

THEME CATEGORY:	Science and Technology
THEME:	Innovations
TITLE:	A Stretcher for Babies
LEVEL:	**

A Stretcher for Babies

Do you know the difference between an invention and an innovation? The telephone is an invention. There had never been anything like it before. An innovation adapts something that already exists. For example, the touch-tone telephone is an innovation. It replaced the old dial telephone.

Another innovation is the baby stretcher. We have all seen stretchers that get injured people into ambulances and to the hospital. But before Wendy Murphy came along, there were no special stretchers for babies and children. Wendy came up with her new idea when she heard about the earthquake in Mexico City in 1985. She saw that there were no stretchers to carry away the babies who were injured. She made a stretcher that could carry babies safely. Her stretcher has straps to hold up to six babies at a time.

Since then Wendy has come up with ideas for other kinds of stretchers for use outdoors. In 1991 she won an award from The National Research Council of Canada for her innovation.

THEME CATEGORY:	Science and Technology
THEME:	Innovations
TITLE:	The Ski-Doo
LEVEL:	*

The Ski-Doo

Have you ever been on a ski-doo or snowmobile?

In northern Québec, it is one of the best ways to get around in the winter.

People in the country also use them to get around.

They use them for fun and go on ski-doo trails.

The ski-doo was invented by a man named J. Armand Bombardier.

Armand was born in Québec and grew up in the country.

He saw how hard it was for people to get around in all the snow in the winter.

He tried out many ideas and came up with the ski-doo.

He set up a company called Bombardier.

Today Bombardier is a very big company that makes planes and trains as well as snowmobiles.

THEME CATEGORY:	Science and Technology
THEME:	Inventions
TITLE:	The Ski-Doo
LEVEL:	**

The Ski-Doo

Have you ever been on a ski-doo or snowmobile? Snowmobiles are very popular here in Québec. In the country, people use them to get around in the winter. In many places there are long ski-doo trails and you can get from one town to another on these trails. In northern Québec, ski-doo's are one of the main vehicles people use to travel in the winter.

The ski-doo was invented in Québec by a man named J. Armand Bombardier. Armand was born and grew up in the country. He saw how hard it was for people to get around in all the winter snow. When Armand was fifteen, he put together his first machine to travel on snow. He placed an old car engine on an old sleigh. Then he added a propeller to his invention. Over the next fifteen years, Armand studied engineering and made changes to his invention. By the time he was thirty, he had come up with the first snowmobile.

Five years after that, Armand set up a company called Bombardier. Today Bombardier is a large international company that makes planes and trains as well as snowmobiles.

THEME CATEGORY:	Religions
THEME:	World Religions and Their Differences
TITLE:	The Beginnings of Religion
LEVEL:	*

The Beginnings of Religion

This is a story of men and women.

Long ago, they did not know how to read and write.

There were no books.

There were no churches.

There were no priests.

People hunted and fished.

They ate wild fruits and plants.

But they saw sickness, and they saw death and pain.

So they asked questions:

"Why do we cry?"

"Why do plants and animals die?"

"Why do we all die?"

"What happens after we die?"

They looked for answers.

They looked everywhere.

They looked at the sky.

They saw the sun.

It made them warm.

It made the trees grow.

They saw the clouds.

The clouds gave them rain and water.

They saw the beauty of the moon and the stars.

They began to trust them.

They began to believe in them.

They gave them special names.

They called them "gods."

THEME CATEGORY:	Religions
THEME:	World Religions and Their Differences
TITLE:	The Beginnings of Religion
LEVEL:	**

The Beginnings of Religion

This is a story of men and women. Long ago, they did not know how to read and write. There were no books. There were no churches. There were no priests. People hunted and fished. They ate wild fruits and plants. But they saw sickness, and they saw death and pain. So they asked questions: "Why do we cry? Why do plants and animals die? Why do we all die? What happens after we die?"

They looked for answers. They looked everywhere. They looked at the sky. They saw the sun. It made them warm. It made the trees grow. They saw the clouds. The clouds gave them rain and water. They saw the beauty of the moon and the stars. They began to trust them. They began to believe in them. They began to have faith. They gave the sun, the moon and the stars special names. They called them "gods."

In most ancient religions, therefore, we find many gods and goddesses: gods of fire and rain, goddesses of power, beauty, love and nature. These gods and goddesses were given special forms that were expressed in ancient paintings, sculptures and carvings. Sometimes these gods and goddesses felt human emotions. They felt angry, jealous, proud, happy or sorrowful.

There are many beautiful stories written about ancient Greek and Roman gods that are popular even today. The figure of the little cupid on Valentine cards is that of the god of love, the son of Venus, the goddess of beauty. Stories of ancient gods are called myths. A collection of all these myths is called **mythology**. Every country has its own mythology in its own language and culture. All these stories tell us a lot about the people who thought of them, and who believed in them. In other words, they tell us about our own history and the history of all human beings.

THEME CATEGORY:	Religions
THEM:	World Religions and Their Differences
TITLE:	Ancient and Modern Myths
LEVEL:	*

Ancient and Modern Myths

Stories that some people believe to be true may be called myths.

Let's look at a modern myth.

Most of us know about Santa Claus.

Some people call him Father Christmas.

He is an old man who lives at the North Pole.

He wears a red suit, and has a long white beard.

He brings toys for children at Christmas.

He fills little stockings with many gifts.

His favourite colours are red and white.

He comes on a sleigh pulled by reindeer over the snow.

His leading reindeer, Rudolph, has a shiny red nose.

Santa Claus loves children, and greets them with a "Ho! Ho! Ho! Ho!"

Can you think of other myths?

THEME CATEGORY:	Religions
THEME:	World Religions and Their Differences
TITLE:	Ancient and Modern Myths
LEVEL:	***

Ancient and Modern Myths

Stories that some people believe to be true may be called myths. Let's look at a modern myth. Most of us know about Santa Claus. Some people call him Father Christmas. He is an old man who lives at the North Pole. He wears a red suit, and has a long white beard. He brings toys for children at Christmas. He fills little stockings with many gifts. His favourite colours are red and white. He comes on a sleigh pulled by reindeer over the snow. His leading reindeer, Rudolph, has a shiny, red nose. Santa Claus loves children, and greets them with a "Ho! Ho! Ho!"

Think of other myths that people still believe in. Most cultures have their own stories of how our world was created. Each of these is called a creation myth. In the past, people believed in these stories. Even today, we can feel the magic behind them. Many of us still respect them and believe in them. That is why they are called myths.

A collection of myths from one culture is known as its mythology. Civilizations like those of the Greeks, Romans, Egyptians, Arabians, Persians, Indians and Chinese had very complex mythologies. The stories of their gods and goddesses were sometimes written in thick books known as epics. These books are very old.

Some ancient cultures had myths that were told by elders to their children. In this way they were passed along by word of mouth. The Iroquois myth of creation is a long story about the Great Tree that once stood in the middle of the Sky-World. A woman fell through the roots of this tree down into the ocean below. There, with the help of the birds and a turtle, she started to grow plants in the soil and roots that she had clutched while falling from the Great Tree.

Do you know the story about a plant that is very shy? Every time you touch it, its petals close. It is called "touch me not". This is a little myth. Then there is the story of a big bird called the Phoenix. The Egyptians believed that this bird would burn itself up after five hundred years, and then rise from its own ashes. Do you know little stories that your grandmother heard from her grandparents?

These stories have a magic – a magic of old beliefs, religions and history. They are important because we have grown up knowing about them, and learning about them. They are an important part of our tradition and culture. These stories are so precious that some may be told only by those who have the maturity to know how to narrate them.

Teachers' Notes: World Religions and Their Differences

1. The Beginnings of Religion

This text might be used to raise questions such as: What does God mean to you? What do you think He meant to people in ancient civilizations? Was God always a male God for everyone? How does the idea of one God differ from that of many gods? Should one have the right to believe in any religion? Should one have the right not to believe in God?

Suggestion: An interesting story that could be used to illustrate the above text is the story of King Siddhartha, the founder of Buddhism. The story is as follows: Siddhartha, the young Gotama, who became the Buddha, was the son of one of the leaders of the Sakya clan in the Himalayan hill-town of Kapilavastu in what is now Nepalese territory. Here, the young Siddhartha grew up and spent his early manhood. He married, and had one son, Rahula.

While his son was still a baby, Siddhartha began to be disturbed by questions such as why humans are born only to suffer sickness, old age, and eventually death. He left his family one night in search of answers, and joined a group of ascetics. However, he found himself no farther in getting answers to the questions that were disturbing him.

Finally, he left the ascetics, and went on his way until he came to a place near Gaya, on a tributary of the River Ganges, and began to meditate beneath a banyan tree. There, it is said, he received enlightenment, became "The Awakened One," or "The Buddha," and revealed to others the principles of what came to be known as Buddhism.

His philosophy, in fact, attempts to provide the answers to basic questions such as why we are born, why we suffer through sickness and old age, and why we die. It may be added that these questions were not asked by him alone. Practically all religions have raised them in some form or the other. [Geoffrey Parrinder, ed. 1971, *World Religions from Ancient History to the Present*, New York, Hamlyn Publishing Group Ltd.]

Many other sources are also available.

2. World Religions and their Differences

As one of the sources please refer to the Iroquois myth of creation in:
Hazel W. Hertzberg, 1966, *The Great Tree and the Longhouse: The Culture of the Iroquois*, New York, American Anthropological Association, Macmillan, pp. 11-12.

THEME CATEGORY: Social Development

THEME: Human Rights

TITLE: Renting an Apartment

LEVEL: *

Renting an Apartment

Some people have problems when they want to rent an apartment.

Some landlords do not want to rent apartments to single mothers.

Some landlords do not want to rent apartments to people who are not white.

Some landlords do not want to rent to people who are on welfare.

Some landlords try to refuse to rent apartments because of a person's religion, disability, sex or age.

However, landlords cannot refuse to rent an apartment for these reasons.

A person has the right to rent an apartment if he or she can pay for it.

THEME CATEGORY: Social Development

THEME: Human Rights

TITLE: Renting an Apartment

LEVEL: ***

Renting an Apartment

Some people have problems when they want to rent an apartment. Some landlords do not want to rent apartments to single mothers or people on welfare. Some landlords don't want to rent to those who are not white, or those who don't speak the same language.

Some landlords try to refuse to rent apartments because of a person's religion, disability, sex or age. However, landlords cannot refuse an apartment for these reasons. A person has the right to rent an apartment if he or she can pay for it.

This is what you can do if you feel you are being discriminated against:

1. If possible, get a reference from a former landlord.
2. If possible, take receipts from your Hydro bill and telephone bill to show that you pay your bills.
3. When you call, get information about the apartment. Do not give information about yourself.
4. When you visit, make a note of:

the name of the person you see;
the person's position – janitor, owner, manager;
the telephone number;
the date and time of your visit.

You can also take someone with you as a witness.

If the landlord refuses to rent the apartment to you, try to find out why. Stay calm.

If you suspect you may be a victim of discrimination you can lodge a complaint. There are organizations which can help you. They include the rental board, the Human Rights Commission, or a community organization. They will help you and tell you what to do.

Teachers' Notes: Social Development

1. Theme: Human Rights

Suggestions for further discussion / activities:

human rights; laws related to tenants and landlords; choosing a suitable apartment; discrimination and harassment on the job; local community organisations; role-playing; guest speakers.

Sources of information:

Commission des droits de la personne du Québec,
Montréal (514) 873-7618 or 1-800-361-6477
Québec (418) 643-4826 or 1-800-463-5621

RECLAIM, 1992, *A Guide to Services in the Greater Montreal Area*,
Montreal.

THEME CATEGORY:	The School System
THEME:	Learning Disabilities
TITLE:	Different Kinds of Learning Disabilities
LEVEL:	**

Different Kinds of Learning Disabilities

Some students with learning disabilities were talking about their problems.

Terry said, "My problem is math. I'm very slow. So I never count my change. It takes too long."

Another student, Bob, said, "When I read, the words move from side to side, then off the page in a wave. After twenty minutes, I have to close my eyes and lie down."

Not all people have the same learning disability. Some people can't remember how to spell words. Other people have trouble learning how to read. Others can read, but they don't understand what they read.

Some people have trouble with math. Some can't do problems. Others can't learn their multiplication tables.

THEME CATEGORY:	The School System
THEME:	Learning Disabilities
TITLE:	Different Kinds of Learning Disabilities
LEVEL:	***

Different Kinds of Learning Disabilities

Some students with learning disabilities were talking about their problems. Terry said, "My problem is math. I'm very slow. So I never count my change. It takes too long."

Another student, Bob, said, "When I read, the words move from side to side, then off the page in a wave. After twenty minutes, I have to close my eyes and lie down."

Not all people have the same learning disability. Some people can't remember how to spell words. Other people have trouble learning how to read. Others can read, but they don't understand what they read. Some people have trouble with math. Some can't do problems. Others can't learn their multiplication tables.

The brain is at the centre of our learning. It is like a very busy control tower at the airport. It is always receiving and sending messages to different parts of our bodies. When people have learning disabilities, there is usually one part of their brain that does not work in the same ways as most other people's. People with learning disabilities have to find out what their learning disability is and what they can do to get around it.

THEME CATEGORY:	The School System
THEME:	Learning Disabilities
TITLE:	Do You Have a Learning Disability?
LEVEL:	*

Do You Have a Learning Disability?

Do you get called lazy because it takes you a long time to write or copy?

When you read, do you get your letters mixed up?

Does it seem that the letters are dancing on the page?

Do you find it hard to remember things in order, like the months of the year?

These are just some of the things that people with learning disabilities might find hard to do.

These people are not stupid.

They find it hard to learn in the same way that other people do.

They will have to find a different way to learn.

They will learn, but it may take them longer.

THEME CATEGORY:	The School System
THEME:	Learning Disabilities
TITLE:	Do You Have a Learning Disability?
LEVEL:	**

Do You Have a Learning Disability?

Do you get called lazy because it takes you a long time to write or copy? When you read, do you get your letters mixed up? Does it seem that the letters are dancing on the page? Do you find it hard to remember things like the months of the year in order?

These are just some of the things that people with learning disabilities might find hard to do. These people are not stupid. They find it hard to learn in the same way that other people do. They will have to find a different way to learn. They will learn, but it may take them longer.

Nowadays children usually find out they have a learning disability when they are in school. Some adults who went to school many years ago may have had learning disabilities but they didn't know it. That was because people didn't know about learning disabilities then. If students are having trouble learning in school now, they can ask their teachers for help. Students and teachers can work together to find out how the students learn best.

THEME CATEGORY:	The School System
THEME:	Learning Disabilities
TITLE:	Some Famous People Have Learning Disabilities
LEVEL:	**

Some Famous People Have Learning Disabilities

Some people are good at things but find it hard to learn in school.

They find out that they have learning disabilities.

Actor Tom Cruise has no trouble acting, but he does have trouble reading.

In school he had to go to a special reading class.

Cher also had trouble learning in school.

She says she still has trouble making a long-distance telephone call because she cannot remember all the numbers.

There are many famous people like Tom Cruise and Cher who have learning disabilities.

THEME CATEGORY:	The School System
THEME:	Learning Disabilities
TITLE:	Some Famous People Have Learning Disabilities
LEVEL:	***

Some Famous People Have Learning Disabilities

Some people are good at many things but find it hard to learn in school. They find out that they have learning disabilities. Actor Tom Cruise has no trouble acting, but he does have trouble reading. In school he had to go to a special reading class. Cher also had trouble learning in school. She says she still has trouble making a long-distance telephone call because she cannot remember all the numbers.

Did you ever hear of Thomas Edison? Thomas Edison is the man who invented the light bulb. When Thomas was growing up, people thought that he was stupid. "I remember I used to never be able to get along at school. I was always at the foot of the class... my father thought I was stupid, and I almost decided that I was a dunce." Finally Thomas had to leave school to study at home with his mother. He never really learned how to spell and write very well. But he certainly wasn't stupid!

There are many important people who had trouble with reading and writing because they had learning disabilities. Yet they were very good at doing other things. They found ways of getting around their reading and writing problems and were successful in life.

THEME CATEGORY: The School System

THEME: Learning Disabilities

TITLE: Some Famous People Have Learning Disabilities

LEVEL: ***

Some Famous People Have Learning Disabilities

Some people are good at many things but find it hard to learn in school. They find out that they have learning disabilities. Actor Tom Cruise has no trouble acting, but he does have trouble reading. In school he had to go to a special reading class. Cher also had trouble learning in school. She says she still has trouble making a long-distance telephone call because she cannot remember all the numbers.

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Teachers' Notes: Learning Disabilities

1. General Information

For more information on learning disabilities, please read:
Ricki Goldstein, 1989, *Taking the Mystique out of Learning Disabilities*,
Montreal, for Laubach Literacy Canada.

THEME CATEGORY: Integration of Immigrants

THEME: New Canadians

TITLE: I Want to Speak for Myself

LEVEL: *

I Want to Speak for Myself

People call me Naga

I am from Sri Lanka.

I came here six years ago.

I spoke very little English, and no French.

I came here as a refugee.

I wanted to speak to the immigration officers.

I wanted to speak for myself.

I did not want the interpreter to translate for me.

So I tried very hard to speak English.

I could not speak it well, but I could manage.

I learned how to make the immigration officer understand.

I was pleased when I did that by myself.

THEME CATEGORY: Immigration of Immigrants into Québec's Society

THEME: New Canadians

TITLE: I Want to Speak for Myself

LEVEL: **

I Want to Speak for Myself

People call me Naga. My name is much longer, but I have shortened it to make it easier. I came here six years ago from Sri Lanka. I had never really been to school, and had learned everything on my own. I came here as a refugee, and had to explain my story.

The immigration officer could not understand what I said. He had to call an interpreter. It took a long time for my first hearing. The interpreter always had to be with me. I was not satisfied because I wanted to speak directly to the officer. Sometimes, I was not very happy when my words were translated. They did not sound right.

I then thought of learning English. Somehow, people began to understand me. Even though it was not easy, I always tried to speak English.

One day, I told the immigration officer that I did not need an interpreter. I said that I would try to speak for myself in English. It took a long time and seemed very difficult, but I managed to explain things in my own way. I felt I had done something that was very important to me. I had spoken for myself.

THEME CATEGORY: Integration of Immigrants into Québec's Society

THEME: New Canadians

TITLE: To Mom With Love

LEVEL: *

To Mom With Love

Dear Mom,

I was late for class again.

I was late because I could not sleep at night.

When I lie in bed, I think of my family in Trinidad.

I see you all together.

I want to be with you.

I miss you.

I feel sad.

My friends tell me that I will get used to it.

I will learn to live alone.

But I think I will always miss you.

Your loving daughter,
Jennie

THEME CATEGORY: Integration of Immigrants into Québec's Society

THEME: New Canadians

TITLE: To Mom With Love

LEVEL: **

To Mom With Love

Dear Mom,

I was late for class again. That was because I could not sleep. It is the same every night. When I lie down to sleep, I think of all of you. I think of how you must be getting ready to go to work. I want to be with you. I miss you, and I feel sad.

I have friends who tell me that I will get used to it. They tell me that I will learn to live alone. It is easier during the day when I don't have time to think. Then, I don't feel that way, but I always miss you.

I don't always have breakfast even though I know I should. If only I could sleep at night, I would not be so tired in the morning.

It is the first day of spring. Everywhere in the stores and shops you see summer clothes on sale. But it is still snowing outside, and it is very cold.

There is a woman in my class. She is also from Trinidad. She tells me many things because she has been here for many years. I often go to visit her family. She makes **Daal Puri** for me.

Give my love to everyone at home. Write soon. I love you.

Your loving daughter,
Jennie

THEME CATEGORY: Integration of Immigrants into Québec's Society

THEME: Cultural Exchange

TITLE: Roads from Tibet to Canada

LEVEL: *

Roads from Tibet to Canada

My name is Lopsang.

I am from Tibet.

I was born in Lhasa.

My parents escaped from Tibet to India.

They escaped with many other Tibetans.

They were all refugees.

Most of the Tibetan refugees built roads in the mountains.

I remember sitting with my mother.

She worked on the roads.

She broke big stones into little ones.

I was a little boy at the time.

I played with the little stones she made.

After work, she tied me to her back and carried me home.

I liked that.

THEME CATEGORY:	Integration of Immigrants into Québec's Society
THEME:	Cultural Exchange
TITLE:	Roads from Tibet to Canada
LEVEL:	***

Roads from Tibet to Canada

My name is Lopsang. I am from Tibet. I was born in Lhasa. There are not many people from Tibet over here. My parents had to escape from Tibet into India. They were joined by many other Tibetan refugees who were employed in building roads in the mountains.

At that time, I was a little boy. My father poured hot tar on roads and spread it evenly. My mother broke large stones into little pebbles to use under the tar. She worked with a small stone hammer and a metal ring. After work, she would wrap me in a big shawl she had woven in Tibet, and would tie me to her back. I liked that.

When I was ready to go to school, I was sent to one at the top of a big hill. It was called Sterling Castle. There were only Tibetan children in that school. We all slept together in dormitories called dorms. My father gave me his picture of our spiritual leader, the Dalai Lama. I still have it with me.

In 1983, I came to Canada. The roads are very big here, and nobody breaks stones by hand. But I still think of those little roads in the high mountains, and the sound of many hammers breaking one stone after another. I also remember playing with those stones on the roads that linked Tibet to India and to the rest of the world.

Teachers' Notes: Integration of Immigrants in Québec's Society

1. I Want to Speak For Myself

This text could lead to an interesting discussion on the difficulty experienced in reading and pronouncing names of people from different parts of the world. Questions could be raised as to whether we like our names to be shortened or not. Many people feel uncomfortable when they have to repeat their names several times because they are not understood.

2. To Mom With Love

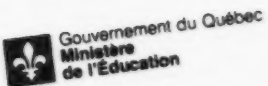
Daal Puri (somewhat like a stuffed pancake), is a popular West Indian dish made out of flour and lentils. "Daal" is a South Asian word for lentils, and "Puri" is a kind of bread.

3. Roads From Tibet to Canada * / ***

Learners may be asked to write their own stories using the above text.

After the takeover of Tibet by China, a large population of Tibetan refugees settled in the northwest regions of India. Sterling Castle was set up as a school for Tibetan children in Simla.

The above text could lead to an interesting discussion on the kinds of difficulties experienced while building roads in different parts of the world. It could also promote discussion on who is a refugee.



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